

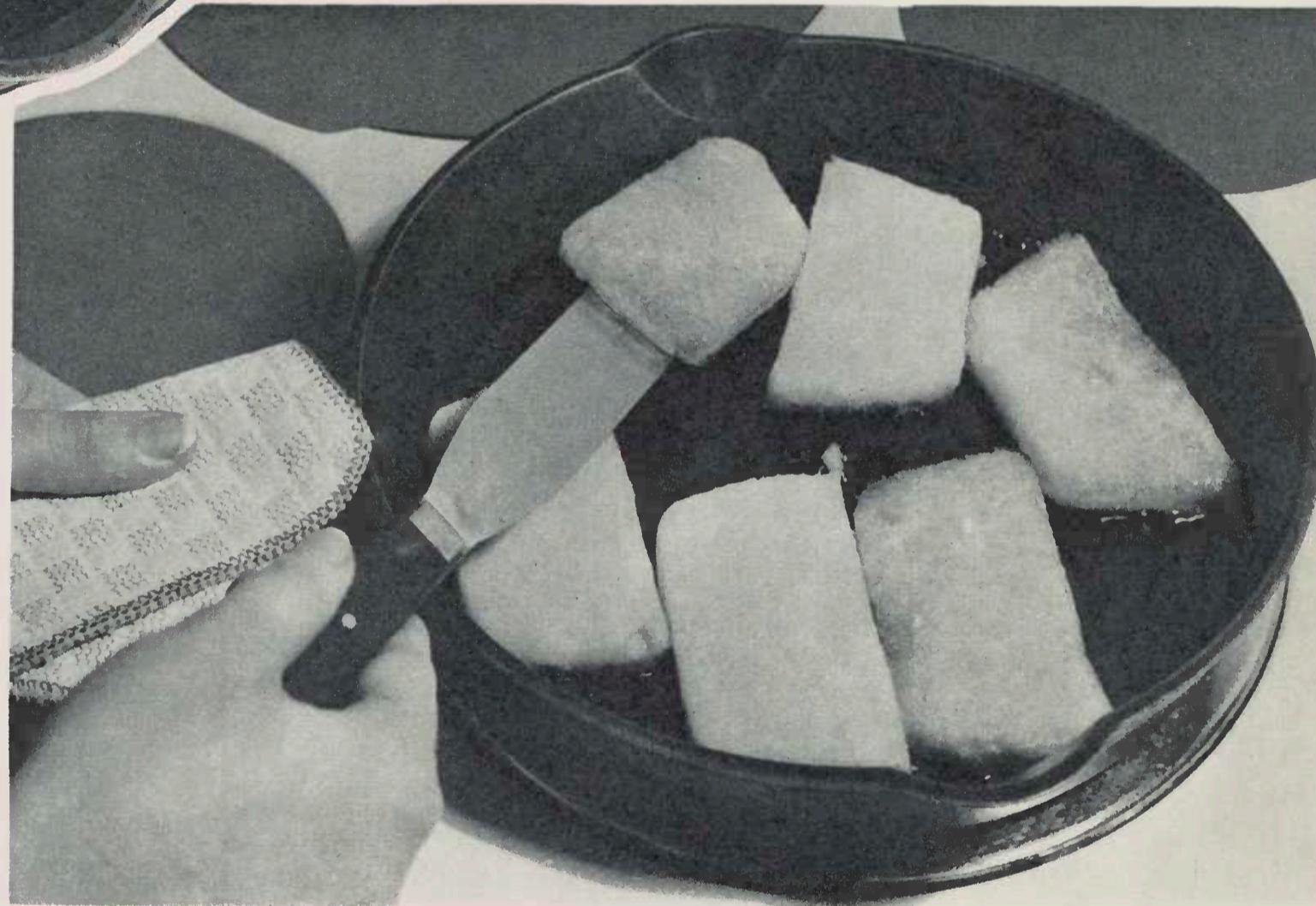
## **Historic, archived document**

Do not assume content reflects current scientific knowledge, policies, or practices.

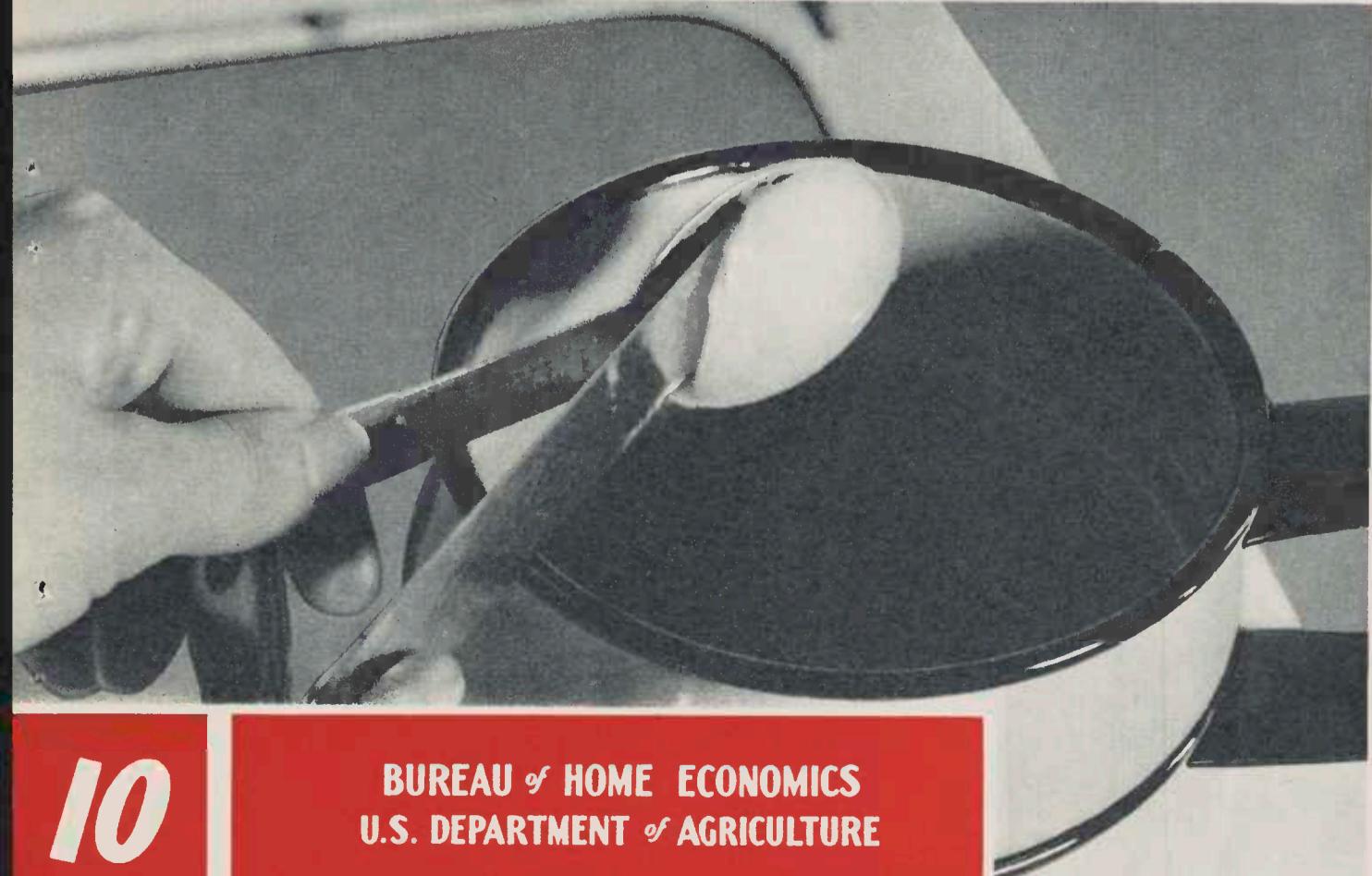
# Get the Good... FROM FATS



- When frying in deep or shallow fat, brown lightly.



- Keep heat moderate....
- ✗ Don't let fat smoke and burn.... Burned fat is harder to digest.



- Melt butter or other table fats over hot water for sauce.
- ✗ Don't let bubble and boil.... the vitamins can't take it.

BUREAU OF HOME ECONOMICS  
U.S. DEPARTMENT OF AGRICULTURE

10